



3. Erfurter Flughafenlauf Erfurt / 27.08.2016

Detailed evaluation

Söchting, Aischa

Club: N3 Sportverein e.V.
Number: 377

Course: 5.00 km
5km Lauf

Category:
Frauen (20-29 Jahre)

Total time: 28:19

Speed: 10.59 km/h
Running performance: 5:40 min/km

Rank in course/Total: 34 (of 61)
Rank in course/Women: 5 (of 19)
Best time in course: 18:02

Rank in category: 4(of 6)
Best time in the category: 18:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.50	14:03	5:37	4	5:10	6	5:10	2.50	14:03	5:37	4	5:10	6	5:10
Finish	2.50	14:16	5:42	4	5:07	6	5:07	5.00	28:19	5:39	4	10:17	5	10:17